

Aging Smart for Older Adults



Purpose

Aging Smart for Older Adults is a seven module program that can be taught as a series or standalone addressing issues for aging adults and caregivers related to independent living. Topics addressed in this program include: Falls Prevention, Universal Home Design, Nutritious Cooking for 1 or 2, Personal Safety, Designating Personal Belongings, and Later Life Preferences. All modules use a variety of teaching modes contributing to experiential learning and empowering individuals through education and awareness.

Impact

Currently, 15% of Ohio's population is over the age of 65 and estimates indicate by 2030 there will be 65 million people worldwide over the age of 65.

Research indicates that there are transitions and lifestyle changes that are unique to the aging process. Two that stand out as primary concerns are the loss of independence and isolation.

To meet these inevitable changes, it is critical to educate and empower older adults, ensuring individuals are equipped with the knowledge and skills needed for this next phase of life.

Contact

Carmen Irving
Healthy Relationships
Program Specialist
FCS Extension
College of Education and
Human Ecology
College of Food, Agricultural and
Environmental Sciences
irving.31@osu.edu
<http://livesmartohio.osu.edu>

Ohio State Colleges/Units Involved

College of Education and
Human Ecology
College of Food, Agricultural, and
Environmental Sciences

Community Partners Involved

Office of Geriatrics and Gerontology



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